

Dialogues
Time to Talk™



What to remember
during your treatment

Sometimes, especially when the bad days outweigh the good, it's hard to remember the positive aspects of your treatment. When you're filled with doubt or simply nervous about your treatment, take a moment to read this information. Always keep in mind that no one can pull themselves up by their bootstraps and lift themselves out of depression. Depression is a treatable disease. Stay the course and be optimistic about your treatment plan.

Let this information serve as an affirmation of your commitment to conquering depression.

You may be experiencing some common signs of depression, like lack of energy, crying frequently, not enjoying your usual activities, or eating or sleeping more or less.

Depression is not a sign of weakness, nor is receiving treatment for depression.

Take note of physical symptoms that may accompany your depression, such as headaches, abdominal pain, or other aches and pains.

Make and keep all doctor appointments, and share your feelings freely at each appointment. Don't be embarrassed or afraid to ask for help.

Ask your doctor about whether talk therapy should be part of your treatment plan. Remember, speak frankly with your doctor or counselor about how you are feeling and about any thoughts of suicide.

- ▶ To aid in your treatment, try to stick to a routine for taking your medicine, try to do things you enjoy or used to enjoy, set small goals for yourself each day and try to achieve them, and talk with people you trust about how you are feeling.
- ▶ Take your medication exactly as directed by your doctor. Keep a log of when you take your medication and what your dosage is. Your doctor and pharmacist are important resources. Inform them about all medicines, including over-the-counter medications, that you are taking.
- ▶ You and your family should look for unusual changes in behavior, worsening of depression, and thoughts of suicide, especially early during treatment and when the dose is changed. Such symptoms should be reported to your physician immediately.

Remember that depression is treatable. Regular follow-up visits with your doctor or counselor may help you stick with your program and stay on the road toward your treatment goals.

Be aware that certain life stressors (death in the family, divorce, chronic illness, job loss or change, etc) may function as triggers for depression. Seek additional help if and when you need it. Your doctor or counselor is only a phone call away.



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